

## How to Lower Your Meat Bills

Hints From the Department of Justice

### NO STEER WITHOUT GOOD MEAT AT LOW PRICE.

**WANTED**—A steer composed entirely of loins and ribs.—H. C. L. Unfortunately, "there ain't no such animal." If a porterhouse steak could be developed by a live stock Luther Burbank, we could all have porterhouse or sirloin steaks and rolled roasts from the first and second ribs—next to the loin, and therefore most expensive, as your butcher will tell you.

Nearly everybody wants high-grade cuts, but there aren't enough ribs and loins to go around. These cuts compose but 27 per cent of the carcass, the loin constituting 18 per cent.

What's the answer? If people would buy more chucks—they make excellent steaks—or briskets and clods (all fore-quarter cuts) there would be cheaper sirloin and porterhouse steaks. Ask your butcher or food economist about the possibilities of the fore quarter, also cheap cuts from the hind quarter. Then there is the flank. Ever eat a good flank steak? It possesses a flavor that cannot be duplicated. The full flank composes 4 per cent of the beef carcass, the square-cut chuck about 24 per cent.

In New York and other Eastern cities far removed from the packing house center, ribs and loins can be sold at lower prices than in Illinois, because of the heavy demand by the foreign-born population for rounds, chucks, rumps and other cuts less popular in the West. The least expensive part of the beef carcass is the shank, which is excellent for stews and soups. The round will supply roasts as well as steaks. Pot roasts, steaks and braising meat are furnished by the rump at medium expense. Chucks supply roasts, steaks and stews. The shoulder clod, another economical cut, is used by well-taught cooks for steaks and pot roasts. There is a large variety of extra portions that many housewives know little about, such as the heart, liver, kidneys, lungs and sweetbreads.

But you must know something about beef cuts to know what to buy and how to buy. Then you can neglect the costly steaks for the time and return to them when the price has been equalized by the more general buying of the less-familiar cuts.

Woman purchasing agents of the home, in learning more about the various cuts and their culinary possibilities, will have impressed upon them a knowledge of the limited quantity

of loins and ribs and the excessive demand for them which causes the price to keep up.

When ordering the foods for the day, the meat part of the meal is always the first planned, and the remainder built around it. Housewives should be familiar with all cuts and then cook them so as to get the best flavor.

### Rump Pot Roast of Beef With Dumplings.

3 pounds beef rump,  
1/2 pound salt pork,  
1/2 cupful carrots, onion, celery and turnips.

1 teaspoonful parsley,  
1 bay leaf,  
4 cloves,  
1/2 teaspoonful pepper,  
Salt.

3 cupfuls water.

Wipe the meat, dredge with flour and brown the entire surface in pork fat. Place on a rack in a kettle, surround with vegetables, spices and water. Season, cover closely and simmer slowly four hours, keeping the liquid below the boiling point. Remove meat and vegetables to hot platter. Thicken stock and serve with vegetables as a sauce around the meat. The sauce may be strained if desired.

### Dumplings.

2 cupfuls flour,  
4 teaspoonfuls baking powder,  
1/2 teaspoonful salt,  
2 teaspoonfuls fat,

2-3 cupful milk, more if needed.

Mix and sift dry ingredients. Work in shortening, add milk gradually, pat out one-half inch in thickness, cut with small biscuit cutter. Cook from 12 to 15 minutes. Do not lift the lid while cooking.

This mixture may be made slightly thinner and dropped from a spoon into the stock for cooking.

### Smothered Beef.

3 pounds of rump or clod,  
3 large onions sliced,  
3 tablespoonfuls oil or drippings,  
2 tablespoonfuls mild prepared mustard.

Flour mixed with salt and pepper,  
1 teaspoonful celery seed,  
1 cupful strained tomatoes or 1/2 can tomato soup.

Dredge meat with flour. Brown well in heavy pan. Brown onions in oil; add mustard, celery seed and tomatoes. Pour this sauce over meat and cook slowly three hours or more on top of stove or six hours in a fireless cooker.

## Davy, W. Va.

Special to the News.

Dear readers of the News, I will write a few lines this beautiful morning. The weather stays so cold the gardens are far behind. There were two frosts last week.

Mr. and Mrs. Fred Nicholas visited Mr. and Mrs. Tom Pierce Sunday.

Mrs. L. Andrews and daughter, Grace, spent Saturday night with Mrs. Julia Ashburn.

Bill Ashburn said this was the loneliest place he ever saw. Jack Ashburn and Walter Cummins joined the Navy and are now stationed at Hampton Roads, Va.

Mrs. L. Andrews and Hobart Manns and wife went car riding Sunday.

Miss Evelyn Park is on the sick list.

Mrs. Lena Swinn and little daughter, Elizabeth, have been visiting Marine friends.

Mrs. Inez Cummins went shopping Monday.

Wake up, Clifty and give the News a good letter next week. Betty.

## CURTISVILLE.

Special to the News.

Rainy weather seems to be the order of the day.

L. L. Chambers called on his best girl Sunday.

Well, the saw mills on the mountain are not running much now. They are moving one to Laurel Creek.

There is going to be lots of fruit on the mountain.

Come on, "Somebody's Darling," from So. Sequatchie. We like to read your pieces.

K. D. Curtis was on the mountain Sunday.

A certain boy on the mountain said he would like to see a certain girl at Sequatchie.

Emma Campbell sure do enjoy music.

N. F. Campbell sure has some good pieces on his Edison ambrolia.

Hardie Campbell called on his best girl Sunday.

Come on, all you good writers of the news, I like to read your pieces. Windy.

Another reason why we are glad Mr. Burleson doesn't resign is, we gotta week heart.—Macon Telegraph

No May drouth this year.

## Stanley.

Special to the News.

As it is lonesome and everyone is blue, I will try writing a line or two.

Rainy weather is the order of the day.

Fred Richie, of Rossville, Ga., visited relatives at Stanley Saturday and Sunday.

Joe Scroggins was Bertha Richie's best company Sunday.

If you want to see Alvin Richie smile, ask him how he likes to take two girls home.

If you want to see John Farmer smile, ask him how he likes "Miss Lila."

Bertha Richie and Joe Scroggins were out walking Sunday afternoon.

Mrs. Mary Richie and daughter, Bertha, were visiting the sick Sunday.

Geo. Hughes, the little son of Mr. and Mrs. Bob Hughes, has been ill with pneumonia, but is recovering now.

Mr. and Mrs. Geo. Combs and little daughter were in Chattanooga Saturday.

Ninovah Durham, of Chattanooga, was killed instantly one night last week. He leaves a wife and six children to mourn his death.

Sam Durham surely does enjoy himself singing.

Gilliam Francis was seen going down the river Sunday in a little motor boat.

Arley and Alvin Richie were seen going up the road Sunday. Wonder where they were going.

Mrs. Mary Richie and daughter, Bertha, were visiting at Mrs. Jesse Burgess last Wednesday.

Mrs. Estie Burgess and sister, Bertha Richie, were in Chattanooga Thursday.

If you want to see Bertha Richie smile, just ask her how she likes chocolate candy.

Dolly Dimple.

## She Knew Then.

"George, who is that old man who stared at me so during dinner?" "Oh, that's Mr. Doan the famous insanity expert!" —Cartoons Magazine.

Palmer says the republic isn't in danger. Neither are the profiteers. —Cheboygan (Mich.) Tribune.

## SHERIFF'S SALE.

By virtue of a vendition exponas, issued to me by S. S. Tate, Circuit Court Clerk, Marion County, Tenn., by order of the Judge of said court, I will on

SATURDAY, JUNE 4, 1920,

sell at the court house door, Jasper, Tenn., the following real estate:

Land of Taylor Spears, described as follows: Beginning at a rock known as the Bradley corner, opposite a fence going up to the Bradley barn, thence northwardly with the Hoge line to the crossing, thence with the right-of-way of the N. C. & St. L. Ry. to a point opposite and west of the rock corner known as the Bradley corner where there is now situated a chestnut telephone stump, thence a direct line eastwardly to the beginning, containing eight acres more or less. This levy is made subject to homestead. Also deducting from said tract the lands heretofore devoted by the said defendant, the above described property being the home where Taylor Spears now lives.

Said land will be sold as the property of Taylor Spears to satisfy a judgment against Taylor Spears and Lawrence Spears rendered by W. J. Johnson, J. P., August 4, 1920, for \$50, in favor of Leo M. Turner, together with all costs, interest, and cost of this order.

This Jasper, Tenn., May 21, 1920.

G. W. COPPINGER, Sheriff.

PI \$5.10

## Bank Vice-President

Tells How Ziron Iron Tonic Helped His Daughter After Operation for Appendicitis.

**A**FTER any serious illness, the first thing you notice when you begin to get around is your lack of strength and energy—a tired, weak feeling.

The sooner you get your strength back the better. The thing to do is to eat plenty of good, nourishing food, get all the fresh air you can, exercise conservatively, and take Ziron Iron Tonic three times a day.

Your doctor will tell you this is sound advice, and urge you to follow it.

Read this letter from Mr. J. B. Kelly, vice-president of the First National Bank, Graceville, Fla.: "My daughter had been in bad health since last April. She was operated on for appendicitis. She has been taking Ziron for two weeks. Her appetite is better than it has been. Her nerves are better, and she says she feels better. I know that Ziron is good for weak and feeble people."

Ziron is a scientific, reconstructive tonic, prepared from valuable strength-building ingredients, for weak people with thin blood. Druggists sell Ziron on a money-back guarantee. Try it.

## SEQUACHEE WATER WORKS.

RESIDENTS of Sequatchie have all the privileges in connection with water service equal to any first-class city. The supply is taken from Cumberland Mountain from springs 350 feet in elevation. Three miles of pipe are now laid.

## NOTICE DELINQUENT TAXPAYERS

On the First Monday in June next, at the courthouse door, Marion county, Jasper, Tenn., I will offer for public sale all the real estate belonging to delinquent taxpayers for the year 1919.

The following is a list of such delinquents, the districts in which the property is situated, and the number of acres in each tract, as follows:

### FIRST DISTRICT.

Acres	Value	Tax
Adams, G. W. B., 303	\$4000	\$100.00
Adams, G. W. B., 19	100	2.50
Brown, G. W., 2	100	2.50
Boyd, Mrs. R. A., 12	250	6.25
Boyd, Clyde, 2 1/2	100	2.50
Boston, J. P., 80	200	5.00
Crisp, W. P., 10	100	2.50
Davis, Geo., heirs, 96	200	5.00
Dixon, Willie, 100	250	6.25
Fultz, Jasper, 300	600	15.00
Higgins, John C., 400	800	20.00
Higgins, Geo., 4	50	1.25
Johnson, Wesley, 1	100	2.50
Kilgore, D. A., 10	150	3.75
Kilgore, J. R., 5	150	3.75
Layne, Fred, 4	25	.63
Layne, Abe, heirs, 150	450	11.25
McCoy, Sam, 6	50	1.25
Milbrandt, A., 300	500	12.50
Milbrandt, A., 300	1000	25.00
Northeast, Jas. & Tom, 50	150	3.75
Rust, S. R., 106	200	5.00
Rheel, John, 2	75	1.88
Shrum, Laurence, 75	150	3.75
Slatton, Jno., 75	150	3.75
Sanders, Dave, heirs, 150	450	11.25
Stone, C. J., heirs, 70	150	3.75
Thompson, W. C., 454	4340	108.50
Tenn. Con. Coal Co., 2310	6200	155.00
	1344	2690
Improvements, 3500		
Personal, 5000		
Total, 23460		561.00
Tenn. Valley Light and Power Co., 125	375	9.38
	288	875
	100	300
Total, 2900		72.50
Watley, Mrs., 83	250	6.25

### SECOND DISTRICT.

Acres	Value	Tax
Barber, M. M., 6 1/2	\$50	\$1.25
Bowman, Jno., 10	200	7.50
Bowman, Jno., 5	100	7.50
Bostain, Mrs. B., 75	75	1.88
Bostain, Rube, 25	25	.63
Barber, E. J., 30	60	5.00
Barber, E. J., 60	140	11.25
Davidson, Mrs. S., 5	150	3.75
Davidson, Mrs. S., 30	300	11.50
Dempsey, John, 60	440	11.00
Dempsey, John, 100	100	15.00
Dempsey, John, 60	60	6.00
Grayson, Sam, heirs, 30	150	3.75
Grayson, Houston, 243	1800	46.25
Grayson, Houston, 19	25	46.25
Grayson, Houston, 12	25	46.25
Grayson, Houston, 70	440	11.00
Grayson, Houston, 50	120	6.25
Grayson, Houston, 22	25	46.25
Grayson, Houston, 50	100	17.00
Gholston, Sam, 1	100	2.50
Jones, Fred, 14	250	6.25
Kilgore, M. M., 1	50	1.25
Kilgore, P. M., 1	50	1.25
Layne, Fred, 4	50	3.50
Alex Layne, 2	25	.63
Levan, A. B., 1	10	.25
Levan, Walter, 1/2	50	1.25
Laurence, J. H., 200	400	25.00
Miller, Joe A., 40	150	3.75
Miller, J. T., 50	400	10.00
Miller, Mrs. F., 10	200	5.00
Morrison, Jim, 5	135	3.13
Morrison, Dan, 5	100	2.50
Morrison, J. R., 8	150	3.75
Morrison, Pat, 50	250	6.25
Morrison, Ben, 7	100	2.50
Pickett, Henry, 20	250	6.25
Pickett, Bob, 15	100	10.75
Pickett, R. L., 15	250	8.75
Payne, Mrs., 11	250	6.25
Ridge, W. H., 3	50	1.25
Ridge, Hill, 19	50	1.25
Russell, W. E., 1	100	2.50
Rollins, Ash, 14	200	5.00
Rollins, Charles, 3 1/2	75	1.88
Rollins, Will, 25	25	.63
Rollins, Bruce, 2	100	2.50
Rollins, W. R., 1	50	1.25
Turner, Jack, 35	25	.63
Tenn. C. C. Co., 408	2400	60.00
Tenn. Land Co., 204	1010	25.25
Vandergriff, G. W., 201	1000	12.50
Vandergriff, G. W., 17	175	4.38
Vandergriff, Geo., 17	50	1.25
White, John, 190	500	12.50
White, Willie, 22	150	3.75
Watts, Lewis, 1	50	1.25
Warner, Ed., 7	25	.63
Williams, J. W., 20	200	5.00

### SECOND SCHOOL DISTRICT

Acres	Value	Tax
Atterton, Robert, 3	\$150	\$4.05
Berryhill, A. E., 1	400	10.80
Bible, J. H., 2	350	9.45
Brown, D. H., 2	250	6.75
Cartwright, Henry, 1	100	2.70
Duke, T. R., 2	150	4.05
Duke, J. T., 1	100	2.70
Dixon, Mrs. Linda, 9	200	5.40
Grimes, John, 5	100	2.70
Griffith, Joe, 1	100	2.70
Griffith, Ab., 4 1/2	150	4.05
Griffith, Lawrence, 5	100	2.70
Hudson, B. K., 1	100	2.70
Holloway, Walter, 1	150	4.05
Hartman, Walter, 6	100	2.70
Jones, Andy, 13	150	4.05
King, J. E., 33	150	4.05
Keener, Frank, 41	150	4.05
Layne, E. L., 4	150	4.05
Lane, Elgie, 1	100	2.70
Lamb, Mrs. Verna, 1	100	2.70
Lamb, A. P., 15	450	12.15
Marford, Mrs. Dave, 2	50	1.35
McHone, John, 21	200	5.40
Miller, J. T., 50	300	8.10
Moore, Geo., 21	200	5.40
Norwood, Mrs. A. J., 1	100	2.70
Powell, E. M., 37	450	12.15
Powell, Charles, 1	100	2.70
Pryor, A. K., 3	300	9.45
Pickett, Ed., 29	250	6.45
Pickett, Mrs. Martha, 37	175	4.73
Pickett, Adam, 15	300	8.10
Privett, Albert, 2	100	2.70
Ridge, Charlie, 1	100	2.70
Richie, Mrs. Fronie, 6	75	2.03
Smith, Jack, 41	400	10.80

## GRAINGER FOR SHIELDS

Rutledge, Tenn., May 22.—Grainger county Democrats today endorsed Wilson, Shields, McKellar and Democratic Congressmen from Tennessee. Roberts and the League of Nations were not mentioned. Palmer was endorsed for President.

Acres	Value	Tax
Smith, George, 4	100	2.70
Smith, Mrs. Ellen, 1	50	1.35
Slatton, Mrs. Plummer, 11	400	8.10
Shoemaker, William, 1	300	8.10
Shoemaker, Walter, 1	150	4.05
Thomas, John, 1	300	8.10
Thomas, A. D., 1	100	2.70
Thompson, W. M., 5	750	20.25
Thacker, Charlie, 1/2	75	2.03
Thacker, Joe, 1	100	2.70
Thacker, Ed, 2	100	2.70
Terry, Earl, 7	150	4.05
Turner, William, 5	250	6.75
Turner, J. W., 2	25	.68
VanHooker, Alex, 1	100	2.70
Williams, Robt., 1	100	2.70
Webb, A. A., 1	100	2.70
Young, Morris, 4	100	2.70

### THIRD DISTRICT.

	Acres	Value	Tax
Bowman, Ed.	2	\$ 150	\$ 3.75
Beene, James R.	10	1000	25.00
Brumley, S. E.	11	750	18.75
Honey Coal Co., personal	10,000		2.50
Chandler, W. P.	2	150	3.75
Carroll, C. M.	3	50	1.25
Cross, E. J.	60	500	12.50
Daffron, Pat.	21	250	6.25
Degnan, Jno.	40	350	8.75
Hawkins, Carrie.	1	100	2.50
Hawkins, Grant.	1-4	50	1.25
Hicks, Mrs. J. T.	37	250	6.25
Higdon, Missouri.	11-2	150	3.75
Higdon, John C.	20	500	12.00
Keele, Lewis.	2	100	2.50
Lankester, R. P.	77	400	10.00
Lillard, Nina.	1/2	100	3.75
Lofty, Mollie.	1	50	1.25
Liederman, W. H.	9	150	3.75
Morgan, Harvey.	7	150	3.75
Ross, Jonas.	1/2	150	3.75
Ross, Mrs. Annie.	5 1/2	200	5.00
Miller, Adam.	1	300	5.00
Owen, Mrs. Emma.	1 1/2	150	3.75
Porter, Ernest.	700	1500	37.50
Perdon, Jessie.	19	100	2.50
Rains, Clyde.	1 lot	150	3.75
Sexton, Ed.	10	450	11.25
Stevenson Coal Co.	320	2500	62.50
Tennessee River & Coal Co.	1640	5000	125.00
Wells, J. N.	60	500	12.50